

**PATIENCE OF PRINCE SIDDHARTA TO ENLIGHTENMENT
ON *BUDDHA: A STORY OF ENLIGHTENMENT* NOVEL (2007)**

**WRITTEN BY DEEPAK CHOPRA:
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**



PUBLICATION ARTICLE

**Submitted as a Partial Fulfillment of the Requirements
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by:

**AGUNG NUGROHO
A.320 080 043**

**SCHOOL OF TEACHER TRAINING AND EDUCATION
MUHAMMADIYAH UNIVERSITY OF SURAKARTA**

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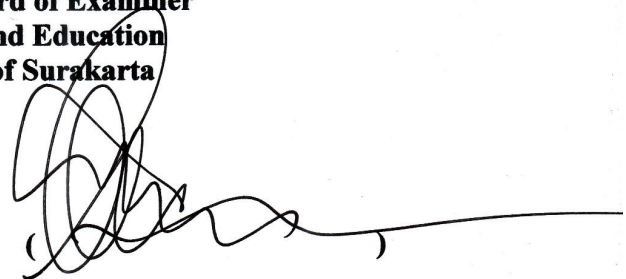
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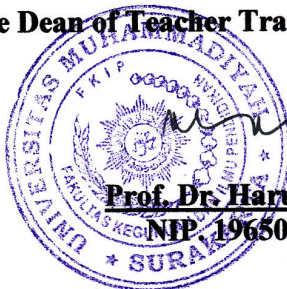
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ABSTRACT

The study is purposed to show patience of prince Siddhartha to enlightenment, the main character in *Buddha: A Story of Enlightenment*. Object of the study of this research is to analyze the novel based on its structural elements and patience of prince Siddhartha that deals with inferiority feeling, striving for superiority, fictional finalism, style of life, social interest, creative power and conscious self using an individual psychological approach. This research is qualitative research. Type of data of the study is text taken from two data sources: primary and secondary. The primary data source is taken from the novel *The Notebook* written by Deepak Chopra in 2007 while the secondary data sources are other sources related to the primary data. Data collecting method in this study is library research, and in analyzing the data the researcher employs descriptive analysis. The result of the study shows the following conclusion. The structural element of the novel is also offered in a good relation of work in building the story. Based on individual psychological analysis the novel tells that the major character, prince Siddhartha is affected by the psychological effect. Prince Siddhartha struggle with his patience to conquer the lust which controls the body and mind to free himself and trying to reach enlightenment.

Keywords: Patience, *Buddha: A Story of Enlightenment*, Individual Psychological Approach.

A. Introduction

Religion and belief in every human being in the world to God is something complex. It becomes very risky in daily social life in society, especially as humans we certainly did not escape from the social interaction in society. In fact, every person may be willing to sacrifice his own life for the sake of any thing that concerns them as religious beliefs. Especially in this

beloved Country Indonesia, there are 5 official religions recognized by the Country and even in this world there are a variety of religions which become everyone's beliefs.

Prince Siddhartha was a very sacred figure in Buddhism, and he still holds many mysteries until now. His deepest wish to disappear from the material world, remembered only as an inspiration of perfection? Speaking about himself, Buddha never mentioned miracles or gods. He held a doubtful view of both. He showed no interest in being revered as a personality; none of his many sermons mentions his family life or gives much personal information at all. Novel is a long story written in which characters and event usually imaginary from problem of human life. Author Deepak Chopra brings the Buddha back to life in this gripping novel of the young prince who abandoned his inheritance to discover his true calling. This iconic journey changed the world forever, and the truths revealed continue to influence every corner of the globe today.

A young man in line for the throne is trapped in his father's kingdom and yearns for the outside world. Betrayed by those closest to him, Siddhartha abandons his palace and prince title. Alone and face-to-face with his demons, he becomes a wandering monk and embarks on a spiritual fast that carries him to the brink of death. Ultimately recognizing his inability to conquer his body and mind by sheer will, Siddhartha transcends his physical pain and achieves enlightenment. Although we recognize Buddha today as an icon of peace and serenity, his life story was a tumultuous and spellbinding affair filled with love and sex, murder and loss, struggle and surrender. From the rocky terrain of the material world to the summit of the spiritual one, Buddha captivates and inspires ultimately leading us closer to understanding the true nature of life and our selves.

The book is divided into three sections, generally the same ones that are used to partition the stages of the Buddha's life and path to developing his philosophy in traditional tales: "Siddhartha, the prince"; "Gautama, the monk" and the final chapter, titled simply, "Buddha." Chopra adds an important two-part epilogue as well, the first part explaining some of the end of Buddha's story - which is shorted in the actual text - and the very basics of Buddhist philosophy. The second part, called "the art of non-doing," grapples with some of the very complicated questions often asked by non-Buddhists or beginning practitioners.

Based on the background of the study, the researcher formulates the problem statement of the study is "How is the prince Siddhartha's patience reflected in *Buddha: A Story of Enlightenment* novel?"

Dealing with this problem, the objectives of the study are to analyze *Buddha: A Story of Enlightenment* novel based on its structural elements and to analyze *Buddha: A Story of Enlightenment* novel by using an individual psychological approach.

To help the researcher arranges this paper, he uses two literature review as his references. They are Emperor's New Clothes; A racy, fictionalized recreation of the Buddha's life which falls into the new-age in

Buddha: A Story of Enlightenment novel written by Deepak Chopra (2007) by Rajiv Mehrotra, and in Russell E Saltzman study entitled Book Review of Jesus: a story of enlightenment written by Deepak Chopra (2010).

B. Research Method

From the object of the study, the researcher takes *Buddha: A Story of Enlightenment* as the object of the study. He tries to analyze the major character's personality. The type of the study is library research. The data used on the research have been collected with the library research. It purposes to analyze the novel using individual psychological approach. Then, the type of the data and the data source are divided into two. Firstly, Primary data source that is called as the main data obtained from all the words, phrases and sentences in the novel itself, *Buddha: A Story of Enlightenment* novel. Secondly, secondary Data Source, it is the supporting data taken from literary books, criticism, essays, articles, and journal and also taken from the internet or the other sources related to the novel. And the technique of collecting data in this research are as follows: 1) reading the novel repeatedly and understanding the content, 2) reading some other resources related to the novel, 3) giving marks to particular parts in the novel, which are considered important for the analysis, 4) taking notes for essential parts both in primary and secondary data sources, 5) classifying the data into categories and developing them into a good unity. The last is technique of the data analysis is descriptive analysis technique. The researcher will describes the structural elements of the novel using individual psychology theory by Alfred Adler. The collected data has been interpreted and analyzed in detail through individual psychology theory of literature in this case by showing patience of prince Siddhartha to enlightenment on *Buddha: A Story of Enlightenment* novel written by Deepak Chopra: an individual psychological approach Then drawing conclusion based on the analysis.

C. Finding and Discussion

In *Buddha: A Story of Enlightenment*, Deepak Chopra wants to explore human's struggle of life every time, human being always encounters the problem of life. It probably occurs, because what he wants and he gets is not compatible with what he wishes. This problem will grow to be more complicated ones. He attempts to handle it, but he didn't always successful. When human fails to overcome the problem, he feels anxiety. Thus, he will do some ways to block these feelings, such as avoiding the problem without doing anything or overcoming it. If he just avoids it, it influences his mental condition. In *Buddha: A Story of Enlightenment*, major character overcomes the problem by patience to reach his enlightenment.

In *Buddha: A Story of Enlightenment*, Deepak Chopra creates the major character of the novel namely, Prince Siddhartha. From the beginning to the end of the story, he represents Prince Siddhartha as human being who tries

to make his life better by struggle. He also shows Prince Siddhartha's effort getting his enlightenment by changing his life. Deepak Chopra also adds other characters to support the major character to be more vivid. He puts them together with their own background, in a setting, which permits them to support each other. Deepak Chopra creates those characters as the means of expressing what he wants to say and think although the content of the story is almost dominated by the major character story in facing his life, but other characters have a lot of roles.

Deepak Chopra in this novel takes place in a kingdom of ancient India, generally in the Sakya kingdom, especially the palace of Kapilavastu and wilderness. He explained Kapilavastu as a shackle for a prince. Kapilavastu find a glamorous life, no pain, no one is seemingly older, no one is dead and the only excitement. The characters should be familiar with the environment and also ready to face new problems of life that causes the change of their mental condition. He also took the time setting 563 BC. This is a time when everyone in Kapilavastu do false life on the order of the king to show the perfect life, the dream of money, power, and of course the ambition to prince. While the ambition of the king against the destiny of his son to become a hermit and wants his son to be like him that a king who feared. So, he lived in this state full of complex problems and the person responsible to resolve it. Attention then Deepak Chopra these people, especially the mental changes and interested conditions reflect or support Novel theme. In addition, he retells again the story the character of *Buddha: A Story of Enlightenment* as a symbol of a person who has more patience than the others.

In the *Buddha: A Story of Enlightenment*, Deepak Chopra developed modern plan. In the opening chapter, he put the exposition to introduce to the reader the narrator while introducing about settings and situations where the story begins. So it is through complications. It was a moment when Prince Siddhartha problem with destiny began to emerge. King Suddhodhana who tried to change his destiny will be started and then leads to action or climax. Appears when the main character sees something that makes him unable to fight his destiny. Deepak Chopra gives a resolution describing the end of the main character, Prince Siddhartha with patience in struggle of life to attain enlightenment. He almost died before he gets his way to reach enlightenment. From the explanation above, it can be seen clearly that the structural elements of the novel are interrelated together in building the story whereas they support each other.

Individual psychological analysis shows that the main character trying to achieve enlightenment. He try to reach the enlightenment are fictional finalism of Prince Siddhartha. In order to make his enlightenment, his patiently to free himself from suffering to be a free person which called Buddha.

Prince Siddhartha felt inferior because he can feel the suffering of other sentient beings slightest although the worm. He felt guilty for what the king Suddhodhana to alienate old people and sick people in the Forbidden City. He tries to redeem his guilt by sending food and medicine regularly to the city

routinely. He did that for years even that he has a wife and child, but his actions were not able to redeem his guilt.

Basically, an individual psychological approach has a striving of superiority to try solves their problem and make his life from minus to plus or from incompleteness to perfection. Striving superiority from the major character is his effort to free his soul from felt guilty. For doing it, prince Siddhartha goes outside of palace and become a monk to find the answer. It means that major character tries to solve their problem and far away from the outcast.

Prince Siddhartha chooses to change style of his life from wealthy person to become a monk without anything. In the sense of guilt, he found a place in the middle of the forest which reminded Asita's counsel that there is always place to go when encountering problems. Prince Siddhartha is frightened by his guilty and trying to seek enlightenment with wandering in the forest became a monk. He left everything he had in the kingdom and only has orange robes, similar necklace, chaplet and bowl to accompany his journey.

In social interaction, he is a sociable person, and left his status as the prince and leaving the palace to meditate to searching for enlightenment but some people still remember him as a prince, even people from out of town. Hermit is identical with simplicity and sitting quietly all the time to wrestle with his own mind. Prince Siddhartha was not only doing that, but also to interact with people who have met him in his journey. Outside the palace he met various people and teachers, sometimes people look down same as a beggar.

Creative power on the main character is shown after the prince Siddhartha became enlightened. The creative power in *Buddha: A Story of Enlightenment* novel is the unconsciousness power of some people to save or to do something when they are felt threatened by enemy. Prince Siddhartha shows the creative power when he frees suffering of Angulimala which was trapped in crime of the past, as well as to mediate in a coup war in the kingdom of Kapilavastu.

Human consciously what they are doing and achieves. They can plan and direct behavior toward consciously chosen destination. According to Adler, consciousness is essence of individual personality, he felt that people realize everything that is done every day, and can assess them. Prince Siddhartha, Buddha with consciousness and his patience to forgive Devadatta who almost killed him.

The final goal that is reflected on major character, Prince Siddhartha, in *Buddha: A story of enlightenment* novel is when his patience in achieving enlightenment has been successful. Finally he found the answer, that he can decide his own fate. It is the simplest human desire, which has been a source of fear and doubt throughout his life.

D. Conclusions and Implications

Based on the analysis, the writer would like to draw the following conclusion: Deepak Chopra, in this novel takes time setting 563 BC and place in a kingdom of ancient India, generally in the Sakya kingdom, especially the palace of Kapilavastu and wilderness. He explained Kapilavastu as a shackle for a prince. Kapilavastu find a glamorous life, no pain, no one is seemingly older, no one is dead and the only excitement. The characters should be familiar with the environment and also ready to face new problems of life that causes the change of their mental condition. *Buddha: A Story of Enlightenment* is a great novel to be read. The character and the theme are very attracted. The structural elements of the novel is also offered in a good relation of work in building the story, but this research is not perfect because of the researcher's limited knowledge and understanding on the literature. But the researcher attempts to build it great with the believe sources. The whole analysis stands for the researcher understanding of the novel based on an individual psychological approach.

After analyzing the whole novel and analyze all the facts relating effort Prince Siddhartha and his personality, the researchers came to the conclusion that the *Buddha: A Story of enlightenment* is the reflection of a man trying to get his freedom. The author would like to describe how humans have a way to free himself from suffering. He also wanted to show that humans are full of imagination and curiosity. It is performed when Prince Siddhartha in towards enlightenment still remember vividly his past as a prince and sense of guilt. In this novel Deepak Chopra explains the prince Siddhartha as those with patience to free themselves from sense of guilt and trying to reach enlightenment.

Deepak Chopra seems to give the impression that the Buddha was an ordinary man who has freed his soul. Because of patience, people could think clearly and take appropriate action when encountered a problem. This means that without patience, people will feel mindlessly when dealing with a problem and greedy. It also depends on each individual in response patience and can also make a person become passive.

The novel *Buddha: A Story of enlightenment*, Deepak Chopra reflects the efforts of the main characters in the struggle to reach enlightenment. Here, Deepak Chopra retell of the story of how a prince trapped in the kingdom and blind about life outside of the palace, he patiently ventured into parts of the country as a monk looking for answers to his misery. He tried to look for a teacher to teach him, but the answer that is given by the teacher has not been enough to stop the suffering. His suffering ended after he beat Mara the devil and free up his soul to get the enlightenment.

Buddha: A Story of Enlightenment is an interesting novel that gives many worthy insights to the readers. It helps the reader contemplate their life and with the novel the reader can find the moral message from the story of major character so they can take lesson about the story.

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